

A full-page photograph of a muscular man with a beard, flexing his biceps. He is shirtless, wearing dark shorts, and the background is dark. The lighting highlights his muscle definition.

THE PURE BODYBUILDING PROGRAM

FULL BODY

JEFF NIPPARD

IMPORTANT PROGRAM NOTES

READ BEFORE STARTING

Perform a full general warm-up and exercise-specific warm-up every workout as outlined on the next page (should only take 5-10 mins max)

Note that for the first 2 weeks of this Full Body version of the program, most sets in this program are taken to an RPE of ~7-8 or ~8-9. This means you will be leaving 1-3 reps in the tank on most exercises. This only lasts for the first two weeks (to get you adapted to the higher training frequency). For these first two weeks, there are also fewer intensity techniques used. After the first two weeks, the intensity will increase and most sets will be taken to an RPE of 9-10. This means you will push most sets within ~1 rep of failure or to failure. Make sure you are focused mentally before starting each working set!

All working sets are broken up into Early Sets and Last Sets. The Early Sets are all the sets that come before your Last Set. Usually the Early Sets should be a little bit easier than the later sets (slightly lower RPE) whereas the Last Set is pushed to failure on most (but not all exercises). See the Pure Hypertrophy Handbook for a full explanation of RPE.

There is a Weak Point & Arms day in this program where you will select a weak point from the table below and perform 1-2 exercises for your weak point on this day. Please read The Hypertrophy Handbook for more detail.

Each exercise has a clickable link which demonstrates how to perform the exercise. I suggest watching each exercise demo before starting the workout.

All other aspects of the program, including how to understand the Last-Set Intensity Technique column, when to make an exercise substitution and how to progress through the rep ranges given is explained in The Hypertrophy Handbook. Give it a full read before starting your first workout! Let's crush it!!

WARM UP PROTOCOL	
General Warm-Up	
Perform the following general warm-up before every workout (should take 5-10 mins max). You can save time by doing some of the dynamic stretches as you do warm-up sets for the first exercise.	
5-10 minutes	Light cardio on machine on your choice of machine (treadmill, stairmaster, elliptical, bike, etc.)
10 reps per side	<u>Arm Swings</u>
10 reps per side	<u>Arm Circles</u>
10 reps per side	<u>Front-to-Back Leg Swings</u>
10 reps per side	<u>Side-to-Side Leg Swings</u>
15 reps per side	<u>Cable External Rotation (optional)</u>

Exercise-Specific Warm-Up	
Perform the following exercise-specific warm-up according to the number of warm-up sets listed in the program	
1 Warm-Up Set Listed	Use ~60% of your planned working weight for ~6-10 reps (or until you feel warm and loose)
2 Warm-Up Sets Listed	Perform a mini warm-up pyramid: Warm-Up Set #1 = ~50% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~70% of planned working weight for 4-6 reps
3 Warm-Up Sets Listed	Perform a full warm-up pyramid: Warm-Up Set #1 = ~45% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~65% of planned working weight for 4-6 reps Warm-Up Set #3 = ~85% of planned working weight for 3-4 reps

WEAK POINTS TABLE		
Weak Point	Exercise #1 Options	Exercise #2 Options
Shoulders	1. <u>Cuffed Behind-The-Back Lateral Raise</u> 2. <u>Machine Lateral Raise</u> 3. <u>Dumbbell Lateral Raise</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Machine Shoulder Press</u> 2. <u>Smith Machine Shoulder Press</u> 3. <u>Standing DB Arnold Press</u> Pick one of the options above. Do not do all of them in one day!
Lats (“Back Width”)	1. <u>Cable Lat Prayer</u> 2. <u>DB Lat Pullover</u> 3. <u>Machine Lat Pullover</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Lat-Focused Cable Row</u> 2. <u>Elbows-In 1-Arm DB Row</u> 3. <u>Half-Kneeling 1-Arm Lat Pulldown</u> Pick one of the options above. Do not do all of them in one day!
Quads	1. <u>Leg Extension</u> 2. <u>Reverse Nordics</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Single-Leg Leg Press</u> 2. <u>Sissy Squat</u> Pick one of the options above. Do not do all of them in one day!
Glutes	1. <u>Machine Hip Abduction</u> 2. <u>Cable Hip Abduction</u> 3. <u>Lateral Band Walk</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Barbell Hip Thrust</u> 2. <u>Single-Leg DB Hip Thrust</u> Pick one of the options above. Do not do all of them in one day!
Chest	1. <u>Low Incline DB Flye</u> 2. <u>Low-To-High Cable Crossover</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Chest Press Machine</u> (incline if upper pecs are lagging, flat if entire chest is lagging) 2. <u>Dumbbell Chest Press</u> (incline if upper pecs are lagging, flat if entire chest is lagging) Pick one of the options above. Do not do all of them in one day!
Neck	1. <u>Plate-Loaded Neck Curls</u>	1. <u>Head Harness Neck Extension</u> 2. <u>Plate-Loaded Neck Extension</u> Pick one of the options above. Do not do all of them in one day!

Weak Point	Exercise
Hamstrings	There is a lot of hamstrings volume in this program. If they are a weak point for you, simply focus on executing the exercises listed with your best effort and execution rather than adding more volume.
Calves	Rather than adding more calf training volume, focus on the execution of the sets given in the program first. Ensure you are pausing at the bottom of each rep and reaching a high level of effort. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Mid-Back (“Back Thickness”)	There is a lot of mid-back volume in this program. If this is a weak point for you, simply focus on executing the exercises listed with your best effort and execution rather than adding more volume. Really focus on squeezing your shoulder blades together on the positive and feeling your back pull apart on the negative when doing mid-back focused rows.
Upper Traps	The upper traps shouldn’t require a high level of volume to grow, especially when there is a lot of mid-back work. Before adding sets, focus on the execution of the sets given in the program first. Ensure you are squeezing your traps at the top of each rep and reaching a high level of effort. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Abs	The abs shouldn’t require a high level of volume to grow. If you are wanting to see your abs, your diet will be mainly responsible for lowering your level of abdominal fat to allow them to show through. Before adding sets, focus on the execution of the sets given in the program first. Ensure you are allowing your lower back to round on crunches and leg raises as you squeeze your abs. Feel free to sprinkle in 1-2 extra sets per exercise if they are a major priority for you.
Biceps	Because there is a dedicated arm day in this program and the biceps will get plenty of indirect work back exercises, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.
Triceps	Because there is a dedicated arm day in this program and the triceps will get plenty of indirect work from pressing, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.

BLOCK 1: 5-WEEK BUILD PHASE															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Cross-Body Lat Pull-Around	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~2-3 min	Half-Kneeling 1-Arm Lat Pulldown	Neutral-Grip Pullup	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	Low Incline Smith Machine Press	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~7-8	~8-9	~2-3 min	Low Incline Machine Press	Low Incline DB Press	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	Machine Hip Adduction	N/A	1-2	3	10-12					~7-8	~8-9	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Leg Press	Quad Static Stretch (30 sec hold)	2-4	3	8					~7-8	~8-9	~3-4 min	Belt Squat	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	Lying Paused Rope Face Pull	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	Rope Face Pull	Bent-Over Reverse DB Flye	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!
	Cable Crunch	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	Machine Crunch	Plate-Weighted Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
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FULL BODY #2	<u>Seated DB Shoulder Press</u>	N/A	2	3	10					~7-8	~8-9	~2-3 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Cuffed Behind-The-Back Lateral Raise</u>	N/A	1	3	10-12					~8-9	~9-10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	8-10					~8-9	~9-10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
MANDATORY REST DAY															

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FULL BODY #3	<u>Superset A1: Assisted Pull-Up</u>	Long-length Partial (on all reps of the last set)	1-2	4	8-10					~7-8	~8-9	~1 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	<u>Superset A2: Paused Assisted Dip</u>	N/A	1-2	4	8-10					~7-8	~8-9	~1 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Superset B1: Seated Leg Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Superset B2: Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~7-8	~8-9	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

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						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Lying Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~8-9	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Because we did seated hamstring work yesterday, these are mainly meant to get the knees nice and warmed up before hack squats. Don't push these too hard today, just feel the hamstrings moving the weight under control.
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~7-8	~8-9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Bent-Over Cable Pec Flye</u>	N/A	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Pec Deck</u>	<u>DB Flye</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Neutral-Grip Lat Pulldown</u>	Long-length Partial (on all reps of the last set)	1-2	2	12-15					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	10-12					~8-9	~9-10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	~9-10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
MANDATORY REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~7-8	~8-9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Hip Adduction</u>	N/A	1-2	3	10-12					~7-8	~8-9	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Press</u>	Quad Static Stretch (30 sec hold)	2-4	3	8					~7-8	~8-9	~3-4 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!
	<u>Cable Crunch</u>	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

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						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated DB Shoulder Press</u>	N/A	2	3	10					~7-8	~8-9	~2-3 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partials (on all reps of the last set)	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~8-9	~9-10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~8-9	~9-10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
MANDATORY REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Superset A1: Assisted Pull-Up</u>	Long-length Partial (on all reps of the last set)	1-2	4	8-10					~7-8	~8-9	~1 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	<u>Superset A2: Paused Assisted Dip</u>	N/A	1-2	4	8-10					~7-8	~8-9	~1 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Superset B1: Seated Leg Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Superset B2: Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~7-8	~8-9	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Lying Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~8-9	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Because we did seated hamstring work yesterday, these are mainly meant to get the knees nice and warmed up before hack squats. Don't push these too hard today, just feel the hamstrings moving the weight under control.
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~7-8	~8-9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Bent-Over Cable Pec Flye</u>	N/A	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Pec Deck</u>	<u>DB Flye</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Neutral-Grip Lat Pulldown</u>	Long-length Partial (on all reps of the last set)	1-2	2	12-15					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	10-12					~8-9	~9-10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	~9-10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
MANDATORY REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Hip Adduction</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Press</u>	Quad Static Stretch (30 sec hold)	2-4	3	8					~8-9	~8-9	~3-4 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated DB Shoulder Press</u>	N/A	2	3	10					~7-8	~8-9	~2-3 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~6	~6-7	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~7-8	~8-9	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~8-9	~9-10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~8-9	~9-10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
MANDATORY REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Superset A1: Assisted Pull-Up</u>	Long-length Partial (on all reps of the last set)	1-2	4	8-10					~8-9	10	~1 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	<u>Superset A2: Paused Assisted Dip</u>	N/A	1-2	4	8-10					~8-9	10	~1 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Superset B1: Seated Leg Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Superset B2: Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Lying Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~8-9	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Because we did seated hamstring work yesterday, these are mainly meant to get the knees nice and warmed up before hack squats. Don't push these too hard today, just feel the hamstrings moving the weight under control.
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Bent-Over Cable Pec Flye</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Pec Deck</u>	<u>DB Flye</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Neutral-Grip Lat Pulldown</u>	Long-length Partial (on all reps of the last set)	1-2	2	12-15					10	10	~2-3 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	10-12					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
MANDATORY REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Cross-Body Lat Pull-Around</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Neutral-Grip Pullup</u>	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	<u>Low Incline Smith Machine Press</u>	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline DB Press</u>	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Machine Hip Adduction</u>	N/A	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Press</u>	Quad Static Stretch (30 sec hold)	2-4	3	8					~8-9	~8-9	~3-4 min	<u>Belt Squat</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	<u>Lying Paused Rope Face Pull</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Rope Face Pull</u>	<u>Bent-Over Reverse DB Flye</u>	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated DB Shoulder Press</u>	N/A	2	3	10					~8-9	10	~2-3 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Paused Barbell RDL</u>	N/A	2-3	3	8					~6	~6-7	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~9	10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Overhead Cable Triceps Extension (Bar)</u>	Dropset	1	2	8-10					~9-10	10	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
MANDATORY REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Superset A1: Assisted Pull-Up</u>	Long-length Partial (on all reps of the last set)	1-2	4	8-10					~8-9	10	~1 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	<u>Superset A2: Paused Assisted Dip</u>	N/A	1-2	4	8-10					~8-9	10	~1 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Superset B1: Seated Leg Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Superset B2: Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Cable Paused Shrug-In</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.
	<u>Roman Chair Leg Raise</u>	N/A	0	3	10-20					~9-10	10	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Lying Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~8-9	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Because we did seated hamstring work yesterday, these are mainly meant to get the knees nice and warmed up before hack squats. Don't push these too hard today, just feel the hamstrings moving the weight under control.
	<u>Hack Squat</u>	N/A	2-4	3	4, 6, 8					~9	~9	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Bent-Over Cable Pec Flye</u>	N/A	1	3	10-12					~9-10	10	~0.5-1 min	<u>Pec Deck</u>	<u>DB Flye</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Neutral-Grip Lat Pulldown</u>	Long-length Partial (on all reps of the last set)	1-2	2	12-15					10	10	~2-3 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	10-12					~9-10	10	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~9-10	10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Triceps Pressdown (Bar)</u>	Dropset	1	3	8					~9-10	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~9-10	10	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
MANDATORY REST DAY															

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 5 WEEKS!															
WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	Cross-Body Lat Pull-Around	Long-length Partial (on all reps of the last set)	1	3	10-12					~7	~8	~2-3 min	Half-Kneeling 1-Arm Lat Pulldown	Neutral-Grip Pullup	Try to keep the cable and your wrist aligned in a straight line throughout the pull. Feel a nice, deep lat stretch at the top.
	Low Incline Smith Machine Press	Pec Static Stretch (30 sec hold)	2-3	3	8-10					~7	~8	~2-3 min	Low Incline Machine Press	Low Incline DB Press	Set the bench at a ~15° incline. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	Machine Hip Adduction	N/A	1-2	3	10-12					~7	~8	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	Leg Press	Quad Static Stretch (30 sec hold)	2-4	2	8					~6-7	~6-7	~3-4 min	Belt Squat	High-Bar Back Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep. Try to add a little weight each week at the same rep count.
	Lying Paused Rope Face Pull	N/A	1	2	10-12					~7-8	~8	~1-2 min	Rope Face Pull	Bent-Over Reverse DB Flye	Pause for 1-2 seconds in the squeeze of each rep. Contract the rear delts hard!
	Cable Crunch	N/A	1	3	10-12					~7-8	~8	~1-2 min	Machine Crunch	Plate-Weighted Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Seated DB Shoulder Press</u>	N/A	2	3	10					~6-7	~8	~2-3 min	<u>Seated Barbell Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Slightly rotate the dumbbells in on the negative and flare your elbows out as you push.
	<u>Paused Barbell RDL</u>	N/A	2-3	2	8					~5	~5-6	~3-4 min	<u>Paused DB RDL</u>	<u>Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. 1 second pause at the bottom of each rep. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Chest-Supported Machine Row</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~7	~8	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Helms Row</u>	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	<u>Hammer Preacher Curl</u>	N/A	1	3	10-12					~7-8	~8	~1-2 min	<u>Fat-Grip Preacher Curl</u>	<u>Hammer Curl</u>	These will target the brachialis and forearms hard. Squeeze the dumbbell hard in the middle of the handle and curl about 3/4 of the way up (i.e. stay in the bottom 3/4 of the curl).
	<u>Cuffed Behind-The-Back Lateral Raise</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up and out in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Overhead Cable Triceps Extension (Bar)</u>	N/A	1	2	8-10					~7-8	~8	~2-3 min	<u>Overhead Cable Triceps Extension (Rope)</u>	<u>DB Skull Crusher</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
MANDATORY REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Superset A1: Assisted Pull-Up</u>	Long-length Partial (on all reps of the last set)	1-2	3	8-10					~6-7	~8	~1 min	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Keep the form tight and controlled!
	<u>Superset A2: Paused Assisted Dip</u>	N/A	1-2	3	8-10					~6-7	~8	~1 min	<u>Decline Machine Chest Press</u>	<u>Decline Barbell Press</u>	Slow 2-3 second negative. 1-2 second pause at the bottom. Explode with control on the way up. Go as deep as your shoulders comfortably allow, trying to at least break a 90° elbow angle.
	<u>Superset B1: Seated Leg Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7-8	~8-9	~0.5-1 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Superset B2: Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~7	~8	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Cable Paused Shrug-In</u>	N/A	1	2	10-12					~7-8	~8	~0.5-1 min	<u>Machine Shrug</u>	<u>DB Shrug</u>	Shrug up and in. Think about shrugging "up to your ears". 1-2 second pause in the squeeze (at the top) of each rep, then another 1-2 second pause in the stretch (at the bottom) of each rep.
	<u>Roman Chair Leg Raise</u>	N/A	0	2	10-20					~7-8	~8	~1-2 min	<u>Hanging Leg Raise</u>	<u>Reverse Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Lying Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~8-9	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Because we did seated hamstring work yesterday, these are mainly meant to get the knees nice and warmed up before hack squats. Don't push these too hard today, just feel the hamstrings moving the weight under control.
	<u>Hack Squat</u>	N/A	2-4	2	4, 6					~7	~7	~3-5 min	<u>Machine Squat</u>	<u>Front Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Bent-Over Cable Pec Flye</u>	N/A	1	2	10-12					~7-8	~8	~0.5-1 min	<u>Pec Deck</u>	<u>DB Flye</u>	Lean forward until your torso is parallel with the floor, flye straight out and down toward the floor. Stretch and squeeze the pecs! Stay locked in.
	<u>Neutral-Grip Lat Pulldown</u>	Long-length Partial (on all reps of the last set)	1-2	2	12-15					8	~8	~2-3 min	<u>Neutral-Grip Pull-Up</u>	<u>Machine Pulldown</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using.
	<u>Leg Press Calf Press</u>	Calf Static Stretch (30 sec)	1	3	10-12					~7-8	~8	~1-2 min	<u>Donkey Calf Raise</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Cable Reverse Flye (Mechanical Dropset)</u>	Mechanical Dropset (on all sets)	0	3	5,4,3+					~7-8	~8	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	You'll probably want to watch the video for this one. Take ~3 big steps back from the cable machine and do your first 5 reps. After those first 5 reps, immediately (without resting) take 1 step forward and do another 4 reps. Then (without resting) take another step forward and do at least another 3 reps (or until you hit RPE 9-10).

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bayesian Cable Curl</u>	N/A	1	2	10-12					~7-8	~8	~1-2 min	<u>DB Incline Curl</u>	<u>DB Scott Curl</u>	If you have a left-right bicep size imbalance, do these 1 arm at a time, starting with the weaker arm. Take the weaker arm to an RPE of 9-10. Then match the reps with the other arm (stop once you've matched the reps, even if the RPE is lower). If you don't have a size imbalance, do these both arms at the same time.
	<u>Triceps Pressdown (Bar)</u>	N/A	1	2	8					~7-8	~8	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>Close-Grip Assisted Dip</u>	These are meant to be fairly heavy, which is why we're using a bar instead of a rope. Aim to add some weight week to week at the set rep target. Always keep the form tight as you overload the triceps.
	<u>Bottom-2/3 Constant Tension Preacher Curl</u>	N/A	1	2	12-15					~7-8	~8	~1-2 min	<u>Bottom-2/3 EZ-Bar Curl</u>	<u>Spider Curl</u>	Stay in the bottom 2/3 of the curl. Don't squeeze all the way up to the top. Keep your triceps firmly pinned against the pad as you curl. No pausing at the top or bottom: constant tension on the biceps!
	<u>Cable Triceps Kickback</u>	N/A	0	2	12-15					~7-8	~8	~1-2 min	<u>Bench Dip</u>	<u>DB Triceps Kickback</u>	There are two ways you can do this: upright or bent over. Choose the one that feels more comfortable for you. The main thing is that when you're in the full squeeze, your shoulder should be positioned back behind your torso.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	2	12-15					~7-8	~8	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
MANDATORY REST DAY															

BLOCK 2: 5-WEEK NOVELTY PHASE															
WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Lat-Focused Cable Row</u>	Long-length Partial (on all reps of the last set)	2	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Chest Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9-10	10	~2-3 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~8-9	~8-9	~3-4 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Machine Shoulder Press</u>	Dropset	2	3	8-10					~8-9	10	~2-3 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Slow-Eccentric DB RDL</u>	N/A	2-3	2	8-10					~6	~6-7	~3-4 min	<u>Slow-Eccentric Barbell RDL</u>	<u>Slow-Eccentric Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. Lower the dumbbells with a 3-4 second negative. If you want to target more glutes, squeeze them hard at the top as you get to full lockout. If you want to target more hamstrings, only go to 3/4 of full lockout and maintain constant tension on your hamstrings.
	<u>A1: Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
	<u>A2: Single-arm Overhead Cable Triceps Extension</u>	Dropset	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Skull Crusher</u>	<u>Floor Skull Crusher</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
MANDATORY REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	Long-length Partial (on all reps of the last set)	2	4	8-10					~8	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Decline Machine Chest Press</u>	N/A	2	3	10-12					~9	10	~0.5-1 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>A1: Machine Hip Abduction</u>	N/A	1	2	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>A2: Machine Hip Adduction</u>	N/A	1-2	2	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-12					~9-10	10	~0.5-1 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Super-ROM Overhand Cable Row</u>	Dropset	1-2	3	10-12					10	10	~2-3 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partials (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Hammer Curl</u>	N/A	1	2	8-10					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
MANDATORY REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Lat-Focused Cable Row</u>	Long-length Partial (on all reps of the last set)	2	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Chest Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9-10	10	~2-3 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~8-9	~8-9	~3-4 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Machine Shoulder Press</u>	Dropset	2	3	8-10					~8-9	10	~2-3 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Slow-Eccentric DB RDL</u>	N/A	2-3	2	8-10					~6	~6-7	~3-4 min	<u>Slow-Eccentric Barbell RDL</u>	<u>Slow-Eccentric Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. Lower the dumbbells with a 3-4 second negative. If you want to target more glutes, squeeze them hard at the top as you get to full lockout. If you want to target more hamstrings, only go to 3/4 of full lockout and maintain constant tension on your hamstrings.
	<u>A1: Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
	<u>A2: Single-arm Overhead Cable Triceps Extension</u>	Dropset	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Skull Crusher</u>	<u>Floor Skull Crusher</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
MANDATORY REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	Long-length Partial (on all reps of the last set)	2	4	8-10					~8	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Decline Machine Chest Press</u>	N/A	2	3	10-12					~9	10	~0.5-1 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>A1: Machine Hip Abduction</u>	N/A	1	2	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>A2: Machine Hip Adduction</u>	N/A	1-2	2	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-12					~9-10	10	~0.5-1 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Super-ROM Overhand Cable Row</u>	Dropset	1-2	3	10-12					10	10	~2-3 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Hammer Curl</u>	N/A	1	2	8-10					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
MANDATORY REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Lat-Focused Cable Row</u>	Long-length Partial (on all reps of the last set)	2	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Chest Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9-10	10	~2-3 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~8-9	~8-9	~3-4 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Machine Shoulder Press</u>	Dropset	2	3	8-10					~8-9	10	~2-3 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Slow-Eccentric DB RDL</u>	N/A	2-3	2	8-10					~6	~6-7	~3-4 min	<u>Slow-Eccentric Barbell RDL</u>	<u>Slow-Eccentric Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. Lower the dumbbells with a 3-4 second negative. If you want to target more glutes, squeeze them hard at the top as you get to full lockout. If you want to target more hamstrings, only go to 3/4 of full lockout and maintain constant tension on your hamstrings.
	<u>A1: Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
	<u>A2: Single-arm Overhead Cable Triceps Extension</u>	Dropset	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Skull Crusher</u>	<u>Floor Skull Crusher</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
MANDATORY REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	Long-length Partial (on all reps of the last set)	2	4	8-10					~8	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Decline Machine Chest Press</u>	N/A	2	3	10-12					~9	10	~0.5-1 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>A1: Machine Hip Abduction</u>	N/A	1	2	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>A2: Machine Hip Adduction</u>	N/A	1-2	2	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-12					~9-10	10	~0.5-1 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Super-ROM Overhand Cable Row</u>	Dropset	1-2	3	10-12					10	10	~2-3 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Hammer Curl</u>	N/A	1	2	8-10					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
MANDATORY REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Lat-Focused Cable Row</u>	Long-length Partial (on all reps of the last set)	2	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Chest Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9-10	10	~2-3 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~8-9	~8-9	~3-4 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Machine Shoulder Press</u>	Dropset	2	3	8-10					~8-9	10	~2-3 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Slow-Eccentric DB RDL</u>	N/A	2-3	2	8-10					~6	~6-7	~3-4 min	<u>Slow-Eccentric Barbell RDL</u>	<u>Slow-Eccentric Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. Lower the dumbbells with a 3-4 second negative. If you want to target more glutes, squeeze them hard at the top as you get to full lockout. If you want to target more hamstrings, only go to 3/4 of full lockout and maintain constant tension on your hamstrings.
	<u>A1: Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
	<u>A2: Single-arm Overhead Cable Triceps Extension</u>	Dropset	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Skull Crusher</u>	<u>Floor Skull Crusher</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
MANDATORY REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	Long-length Partial (on all reps of the last set)	2	4	8-10					~8	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Decline Machine Chest Press</u>	N/A	2	3	10-12					~9	10	~0.5-1 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>A1: Machine Hip Abduction</u>	N/A	1	2	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>A2: Machine Hip Adduction</u>	N/A	1-2	2	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-12					~9-10	10	~0.5-1 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Super-ROM Overhand Cable Row</u>	Dropset	1-2	3	10-12					10	10	~2-3 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Hammer Curl</u>	N/A	1	2	8-10					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
MANDATORY REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #1	<u>Lat-Focused Cable Row</u>	Long-length Partial (on all reps of the last set)	2	3	10-12					~9	10	~2-3 min	<u>Half-Kneeling 1-Arm Lat Pulldown</u>	<u>Elbows-In 1-Arm DB Row</u>	Keep your torso locked in a fixed position (don't lean forward on the negative). Drive your elbows down and back to engage the lats. Keep your elbows tucked in to your sides.
	<u>Low Incline DB Press</u>	N/A	2-3	3	8-10					~9	10	~2-3 min	<u>Low Incline Chest Machine Press</u>	<u>Low Incline Barbell Press</u>	Set the bench at a ~15° incline. Do a slight elbow tuck on the negative and then flare as you push (assuming this doesn't bother your shoulders). Nice, smooth reps here. No pausing at the top or bottom: constant tension on the pecs!
	<u>Lying Leg Curl</u>	Long-length Partial (on all reps of the last set)	1-2	2	8-10					~9-10	10	~2-3 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl. Once you can't get to the full squeeze, continue with partial reps on the last set.
	<u>Smith Machine Squat</u>	N/A	2-4	3	4, 6, 8					~8-9	~8-9	~3-4 min	<u>Machine Squat</u>	<u>DB Bulgarian Split Squat</u>	We're using a reverse pyramid on this exercise. Warm-up as usual to your first working set for 4 reps. This first set will be your heaviest set. Then for set 2, drop the weight back ~10-15% and do 6 reps. Then for set 3, drop the weight back another 10-15% and do 8 reps.
	<u>Reverse Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye (w/ Integrated Partial)</u>	<u>Bent-Over Reverse DB Flye (w/ Integrated Partial)</u>	Sweep the weight out instead of pulling the weight back. Mind-muscle connection with rear delts. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Cable Crunch</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Machine Crunch</u>	<u>Plate-Weighted Crunch</u>	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #2	<u>Cuffed Behind-The-Back Lateral Raise</u>	Myo-reps	1	3	10-12					~9-10	10	~1-2 min	<u>Cross-Body Cable Y-Raise</u>	<u>DB Lateral Raise</u>	Raise the cables up in a "Y" motion. Really try to connect with the middle delt fibers as you sweep the weight up and out.
	<u>Chest-Supported T-Bar Row + Kelso Shrug</u>	N/A	2	3	8-10 + 4-6					~9	10	~2-3 min	<u>Machine Chest-Supported Row + Kelso Shrug</u>	<u>Incline Chest-Supported DB Row + Kelso Shrug</u>	Do 8-10 reps as a normal T-Bar row, driving your elbows back at roughly 45° and squeezing your shoulder blades together. Without resting, do another 4-6 reps as Kelso Shrugs (just squeeze your shoulder blades together without rowing all the way back with your arms).
	<u>Machine Shoulder Press</u>	Dropset	2	3	8-10					~8-9	10	~2-3 min	<u>Cable Shoulder Press</u>	<u>Seated DB Shoulder Press</u>	Ensure that your elbows break at least 90°. Mind-muscle connection with your delts. Smooth, controlled reps.
	<u>Standing Calf Raise</u>	Calf Static Stretch (30 sec)	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Slow-Eccentric DB RDL</u>	N/A	2-3	2	8-10					~6	~6-7	~3-4 min	<u>Slow-Eccentric Barbell RDL</u>	<u>Slow-Eccentric Glute-Ham Raise</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. Lower the dumbbells with a 3-4 second negative. If you want to target more glutes, squeeze them hard at the top as you get to full lockout. If you want to target more hamstrings, only go to 3/4 of full lockout and maintain constant tension on your hamstrings.
	<u>A1: Concentration Cable Curl</u>	N/A	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Concentration Curl</u>	<u>DB Preacher Curl</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
	<u>A2: Single-arm Overhead Cable Triceps Extension</u>	Dropset	1	2	10-12					~9-10	10	~0.5-1 min	<u>DB Skull Crusher</u>	<u>Floor Skull Crusher</u>	Do concentration curls on one arm, rest ~0.5-1 min, do triceps extensions for the same arm, rest ~0.5-1 min, do concentration curls on the other arm, rest ~0.5-1 min, do triceps extensions on the other arm, rest ~0.5-1 min, repeat.
MANDATORY REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #3	<u>Dual-Handle Lat Pulldown (Mid-back + Lats)</u>	Long-length Partial (on all reps of the last set)	2	4	8-10					~8	10	~2-3 min	<u>Overhand Lat Pulldown</u>	<u>Pull-Up</u>	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	<u>Decline Machine Chest Press</u>	N/A	2	3	10-12					~9	10	~0.5-1 min	<u>Decline Smith Machine Press</u>	<u>Decline Barbell Press</u>	Feel your pecs stretching apart on the negative. Mind-muscle connection with lower pecs.
	<u>A1: Machine Hip Abduction</u>	N/A	1	2	10-12					~9-10	10	N/A	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
	<u>A2: Machine Hip Adduction</u>	N/A	1-2	2	10-12					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!
	<u>Leg Extension</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9	10	~0.5-1 min	<u>DB Step-Up</u>	<u>Reverse Nordic</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Super-ROM DB Lateral Raise</u>	N/A	1	3	12-15					~9-10	10	~0.5-1 min	<u>Cable Upright Row</u>	<u>DB Lateral Raise</u>	Perform lateral raises as normal, except going until your hands are up overhead. As you break parallel, you will use more upper traps to move the weight. Feel free to squeeze your upper traps at the top. If you feel shoulder pain when going all the way up, try pointing your thumb up or simply stop at parallel and do normal lateral raises.
	<u>Medicine Ball Russian Twists</u>	N/A	1	2	10-20					~9-10	10	~1-2 min	<u>Half-Kneeling Pallof Press</u>	<u>Bicycle Crunch</u>	Keep the ball held out far from your body on the sides and control the reps, don't just rush through them to get the set done.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
FULL BODY #4	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~9	10	~2-3 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-4	3	8					~8-9	~8-9	~1-2 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Set one leg back on the negative and then drive the weight up using your front leg. Try to minimize assistance from your back leg.
	<u>Pec Deck (w/ Integrated Partial)</u>	Integrated Partial (on all sets)	1	3	10-12					~9-10	10	~0.5-1 min	<u>Bent-Over Cable Pec Flye (w/ Integrated Partial)</u>	<u>DB Flye (w/ Integrated Partial)</u>	Set up the pec deck to allow for maximum stretch. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/bottom half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps and an RPE of 9-10.
	<u>Super-ROM Overhand Cable Row</u>	Dropset	1-2	3	10-12					10	10	~2-3 min	<u>Overhand Machine Row</u>	<u>Arm-Out Single-Arm DB Row</u>	Set up a wide grip pulldown bar on a seated cable row. Using a double overhand grip, perform rows while leaning forward on the negative and then extend your torso to be upright as you finish the row.
	<u>DB Calf Jumps</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Leg Press Calf Jumps</u>	<u>Standing Calf Raise</u>	Hold a dumbbell and perform a jumping motion without actually leaving the floor, using a slight knee bend, but mostly relying on your calves/ankles to drive the "jump". I believe I built a lot of calf mass by doing jump rope; these are meant to provide a similar stimulus, but with more tension.
	<u>Rear Delt 45° Cable Flye</u>	N/A	1	3	12-15					~9-10	10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Pull with one arm at a time, bracing with your non-working hand against the machine. Try to align your arm and the cable in a straight line at the bottom of the flye.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1	N/A	1-3	3	8-12					~9	~9-10	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~8	~9	~1-3 min	See The Weak Point Table for sub options	See The Weak Point Table for sub options	If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Slow-Eccentric EZ-Bar Skull Crusher</u>	N/A	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Skull Crusher</u>	<u>Slow-Eccentric DB French Press</u>	Use a 3-4 second negative. Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.
	<u>Slow-Eccentric Bayesian Curl</u>	Long-length Partial (on all reps of the last set)	1	3	10-12					~9-10	10	~1-2 min	<u>Slow-Eccentric DB Incline Curl</u>	<u>Slow-Eccentric DB Scott Curl</u>	Use a 3-4 second negative and a slight pause at the bottom of each rep to emphasize stretching your biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	12-15					~9-10	10	~1-2 min	<u>Cable Triceps Kickback</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Hammer Curl</u>	N/A	1	2	8-10					~9-10	10	~1-2 min	<u>Inverse DB Zottman Curl</u>	<u>Fat-Grip DB Curl</u>	Squeeze the dumbbell hard in the middle of the handle as you curl. Using liquid chalk on these will prevent your grip from slipping, keeping your hand in the middle of the handle throughout the set (as opposed to resting against the head of the dumbbell).
MANDATORY REST DAY															